

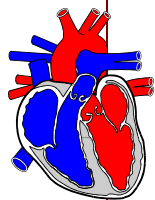


Copper

DO WE USE COPPER IN OUR BODIES?

YES! IT HELPS TO:

MAINTAIN SKELETAL &
HEART INTEGRITY
FORM CONNECTIVE
TISSUE WHICH AIDS IN
WOUND HEALING
TRANSFER & STORE IRON
GENERATE ENERGY
GIVE COLORING TO SKIN,
HAIR & EYES
PROVIDE IMMUNITY



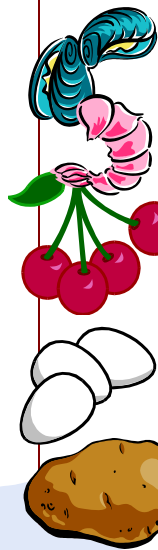
HOW MUCH DO WE NEED?

1.5-3.0 MG/DAY

WHERE CAN I GET IT?

FROM THE FOODS WE
EAT:

SHELLFISH
WHOLE GRAINS
CHERRIES
NUTS & BEANS
CHOCOLATE
EGGS
LIVER & MEAT
FISH & POULTRY
POTATO & SWEET
POTATO



WHAT IF I DON'T GET ENOUGH?

DEFICIENCY SYMPTOMS

ARE:

OSTEOPOROSIS
ANEMIA
↓'D BLOOD CELL
PRODUCTION
POOR SKIN & HAIR
PIGMENTATION
HYPOTHERMIA
NERVE DEGENERATION
→SEIZURES

DO SOME PEOPLE NEED MORE?

YES, PEOPLE WITH:

DIARRHEA
FISTULAS
CELIAC OR TROPICAL
SPRUE
NEPHROTIC SYNDROME
MALNUTRITION
AGING



CAN WE GET TOO MUCH?

YES! MORE THAN 10
MG/DAY CAUSE:

- POOR MEMORY
- METALLIC TASTE
- STOMACH PAIN
- NAUSEA, VOMITING &
DIARRHEA
- FATIGUE
- DEPRESSION
- LIVER OR KIDNEY FAILURE

